

National Updates



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Our highlight communications updates for you from this week are:

- COVID-19 is still spreading in our communities. Vaccines are proven to be your best protection against serious illness from COVID-19, alongside the day to day protective measures we all need to keep in mind - clean hands, masks, leaving space.
- **If you have symptoms of COVID-19, self-isolate and get a PCR test.** Please do this even if you are part or fully vaccinated against COVID-19. You can find more information [here](#).
- If you're regularly in high-risk environments, and you don't have symptoms of COVID-19, the advice is to use **antigen tests** twice a week. If you do have symptoms, please don't use an antigen test. Please find more information [here](#).
- If you are a **close contact of a person that tests positive for COVID-19**, please find guidance [here](#).
- **COVID-19 vaccine boosters:** People aged 60 or over and healthcare workers are currently being offered a COVID-19 vaccine booster dose. You need to wait at least 5 months after your second vaccine dose before you can get a booster. If you had the single-dose Janssen vaccine, you need to wait at least 3 months. If you have had COVID-19, and you're due to get a booster vaccine dose, you'll need to wait until around 6 months after your positive test result. People with an underlying health condition have started to receive their booster, and over 50s will be next. Read more about [COVID-19 vaccine booster doses here](#).

Public Health Measures

You can [find the public health measures here](#).

Walk-in clinics for dose 1 and dose 2, and booster vaccines for healthcare workers and people aged 60-69

The HSE is operating some walk-in clinics for dose 1 and dose 2, and booster vaccines for healthcare workers and people aged 60-69. You must wait at least 5 months after your second vaccine dose before you can get your booster. If you had the single-dose Janssen vaccine, you must wait at least 3 months.

See times and locations of the walk-in vaccination clinics [here](#).

COVID-19 Testing - Online Booking System

Full details of [how to get tested are available here](#).

Common symptoms include high temp, dry cough and change in sense of taste or smell. If you have symptoms of COVID-19, it's very important to self-isolate and get tested as soon as possible. [#StaySafe](#) | [#ForUsAll](#)

COVID-19 Vaccination Programme

You can find the latest information on vaccines administered [here](#).

[You can read the full weekly update by clicking here](#).



HSE Health and Wellbeing

Look Back on 2021 – A Health & Wellbeing Review



This year has been another challenging year for us all and in particular for our frontline colleagues, as they continue to provide the highest standard of care possible to all patients. Click Read More for a message from Helen Deely, Interim Assistant National Director, HSE Health and Wellbeing.

[Read More](#)

Countdown to Christmas Calendar 2021



The HSE Health and Wellbeing Countdown to Christmas Calendar is available once again. This calendar has daily self-help messages, tips and lots of encouragement to help you maintain your health and wellbeing in the countdown to Christmas. As we reflect on another year of the COVID pandemic and face another tough winter it is important to find ways to focus on our health and wellbeing. Trying out new things can boost our wellbeing can also bring a sense of accomplishment and help to improve our self-confidence and resilience. One of the greatest learning from this crisis has been the need to stay fit and healthy.

[Read More](#)

On Feirm Ground – encouraging farmers to look after their health & wellbeing



This year has seen excellent progress despite challenging circumstances with one of the newest HSE Healthy Ireland initiatives targeting men's health – 'On Feirm Ground'. The initiative is a result of ongoing partnership working between.....

[Read More](#)

Staying Well this Winter



As the dark evenings are with us, getting out and doing your 30 minutes exercise can prove more challenging. HSE Health & Wellbeing have a range

of initiatives which you can undertake from the comfort of your own home. Remember getting your daily exercise helps to improve your mood.

[Read More](#)

HSE Staff Christmas Concert

As part of our Staff Health and Wellbeing work we are again organising a Christmas Concert online this year with staff choirs and special guests. Why not join us on Tuesday 21st December at 4pm. Register [HERE](#).

We would appreciate you passing on the invite attached to your colleagues and share on social media using the hashtag #Sing4HealthyIreland.



All-Ireland Conference on Integrated Care (#AICIC2022)



IFIC Ireland in association with the International Foundation for Integrated Care (IFIC) presents "**Transforming Health and Social Care across Ireland: Delivering Lifelong People-centred Care**" on Thursday, 10 March 2022 in O'Reilly Hall University College Dublin.

The forum is attended by up to 300 delegates from across the island of Ireland and includes Health and Social Care Services Managers, Clinicians and System leads, Academics leading in the field of integrated care, and a wide

range of not for profit patient representative organisations and private sector providers of care services. Virtual access to the conference will be enabled should COVID restrictions prevent full physical attendance at the conference in March.

Follow us on Twitter: [@IFIC_info](https://twitter.com/IFIC_info) #AICIC2020 #IFICireland #integratedcare



Exploring the Potential of Technology to Support Older Adults to Live Independently at Home

We are looking for older adults to take part in a research study.

This study will involve testing a combination of 3 technology types, over a 10-week period, in your own home. These technologies include a voice activated assistant (Alexa), a smartwatch and ambient sensors.

We are looking for participants who meet the following criteria to take part in the study:

- Healthy older adults (aged 60 years or older)
- Lives alone in the greater Dublin area or surrounding counties
- Has a home broadband connection
- Are fully vaccinated against Covid 19

If you are interested in taking part or would like more information, please get in touch. You can phone us on 089 2653951 or email: nex@dcu.ie

The NEX Project is supported by the DCU Centre for eIntegrated Care.



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meath county council





A Conversation about Ageism: 3pm 8th December

As part of their Ageism Awareness programme, Irish Senior Citizens' Parliament are delighted to share their next webinar, **A Conversation about Ageism**.

Join their CEO Sue Shaw with special guests Prof. Ian Robertson The School of Psychology, Trinity College Dublin, Anne Dempsey Communications Manager Third Age and Ciaran McKinney Age and Opportunity for a conversation around ageism.

The discussion will explore what ageism is, how it manifests and how it impacts older people.

They hope you can join them and very much welcome your comments and questions during the event. The event takes place over Zoom at **3pm on the 8th of December 2021**.

To register, please click on the below link:

<https://www.eventbrite.ie/e/a-conversation-about-ageism-webinar-tickets-216159267187>



**Join us on Facebook
every day until Christmas**



for

Age & Opportunity Movement Minutes

Active Advent Calendar

1st - 24th December at 11am



#AgeandOpportunity

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



National Integrated Care Programme For Older Persons



Practice Guidance for Community based Older Person Multi-Disciplinary Teams
National Integrated Care Programme, Older Persons
(Draft 08.11.2021)



Launch of 'Practice Guidance for Older Person Multi-Disciplinary Teams'

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Masterclass – What are the characteristics of high performance teams?- lessons from a sporting context and their application in healthcare

Presented by Mr. Stuart Lancaster,
Senior Coach, Leinster Rugby



Date **Wednesday 8th December 2021**

Time **1pm – 2:30pm**

Send your questions for the panel discussion to ncagl.olderpersons@hse.ie

[REGISTER
HERE](#)

The National Integrated Care Programme for Older Persons is hosting a masterclass on Teamwork to mark the launch of its **Practice Guidance for Older Person Multidisciplinary Teams**.

Mr Stuart Lancaster, Senior Coach, Leinster Rugby will be presenting on **'What are the characteristics of high performance teams- lessons from a sporting context and their application in healthcare teams'**

We attach an invitation to register for this event. It will take place on **Wednesday 8th December (1pm – 2.30pm)**. You can register for this event [here](#)

We would encourage participants to submit questions in advance of the masterclass in order to take advantage of Stuart Lancaster's expertise.

If you would like to submit a question for the panel discussion please send it to ncagl.olderpersons@hse.ie



Clár Éire Ildánach
Creative Ireland
Programme
2017–2022



The impact of creativity in older age — Creative Ireland

Since 2018 the Creative Ireland Programme has supported creative projects that focus on older people. With the onset of the Covid 19 a new programme called [Creativity in Older Age](#) was rolled out around the country. These projects worked with older people in lockdown to enhance wellbeing and quality of life and to counteract isolation, loneliness and boredom. Projects included portrait painting, diaries, films, creative writing, classical concerts and heritage lacemaking. As lockdown eased the projects have continued.

For an overview of just some of the Creativity in Older Age projects supported by Creative Ireland please click below.

[LEARN MORE](#)



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	<p style="text-align: center;">Did you know your smartphone can do this?</p> <p>Smartphones have become the Swiss Army knives of technology, going way beyond making and receiving calls while you're on the go.</p> <p>Yes, they're often described as a minicomputer in your pocket. But you also have a radio, a flashlight — even a level for when you're doing handiwork around the house.</p> <p>For example, did you know you can use your smartphone to check if it is time to replace the batteries in the TV remote? To learn more of the hidden skills on your smartphone, check out the article by AARP by clicking here.</p>
	<p>First results of the CSO Our Lives Online Pulse Survey have just been published.</p> <p>The CSO would like to thank you personally for taking part and helping to tell the story of Ireland's people, economy and society. When you take part in a CSO Survey you help to chart the changes that are taking place in our lives now, so that future generations can understand the seismic shift our society is undergoing.</p> <p>CSO Surveys are 100% confidential and your information is never shared with any other government body or third party. The information you provided is generalised so nobody is identifiable from the data you provided and it is only used for statistical purposes.</p> <p>We hope you enjoy this Our Lives Online snapshot infographic. More detailed analysis of the survey results can be viewed on our website.</p>
	<p>National Transport Authority - Connecting Ireland information.</p> <p>https://www.nationaltransport.ie/connecting-ireland/proposals/</p> <p>Background</p> <p>Throughout late 2020 and 2021 the NTA held a series of workshops with Local Authorities and National Agencies. These workshops provided the opportunity to better understand gaps in the public transport network at a local level and helped to shape our proposals.</p> <p>During 2021 they have been working hard to develop a draft set of proposals for sharing with you during the public consultation.</p> <p>In late 2021 the NTA are starting the public consultation phase. Though they can't meet people face to face during the public consultation process, we will engage with people through online public meetings, engagement with public representatives, local media and most importantly encouraging members of the public to respond to our online survey.</p>

The NTA want to know that the principles of design that they propose to use are right for your local area and to hear what else they should consider taking into account as they design your services. In early 2022 they will be analysing the feedback received from the public consultation. The NTA will issue a report once this process is finalised. While they are still in the process of finalising proposals just now, rollout of new and improved services will happen on a phased basis from 2022 to 2025.

SCAN ME



Consultations with the Public

Because of the restrictions on getting together to limit the spread of COVID-19, they are going to consult with people on-line. In addition, you will find all our Connecting Ireland documentation, interactive maps, and other items in our Virtual Consultation Room on the Connecting Ireland section of the NTA website. <https://www.nationaltransport.ie/connecting-ireland/proposals/>

Each county will have its own section. Look for your county on the map and click on it. You will be able to see the tangible ways in which your public transport services will be enhanced as Connecting Ireland is implemented. You can also respond to surveys and leave comments and suggestions to help to improve the nature and timing of their programme.

<https://eu.surveymonkey.com/r/BT9CDVS>

Closing Date is Friday 10th December 2021

Local Updates



Galway Public Libraries announce Just A Minute JAM Card initiative available in all branches throughout the City and County.

First Library Authority in the West of Ireland to launch the JAM Card use in Public Libraries

Galway Public Libraries announce the introduction of JAM Cards in all branches throughout the City and County. JAM Card allows vulnerable customers with a learning difficulty, autism or communication barrier tell others they need ‘Just A Minute’ discreetly and easily. The JAM Card was created by NOW Group, a social enterprise that supports people with learning difficulties and autism. All staff from Galway Libraries are trained on JAM Card and the initiative was facilitated with Dormant Accounts Funding.



Comhairle Cathrach na Gaillimhe
Galway City Council



Comhairle Chontae na Gaillimhe
Galway County Council



Bernie Kelly, Galway City and County Library, and City Mayor Cllr. Colette Connolly

Launched by the City Mayor Cllr. Colette Connolly and the Cathaoirleach of County Galway Cllr. Peter Keaveney who both expressed their support for the initiative which will allow for improved service delivery for people who engage with library services throughout the City and County. Galway Public Libraries are the first Library Authority in the West of Ireland to launch the initiative. Rolled out in numerous organisations including Transport for Ireland, the Courts Service and Bank of Ireland this initiative is free of charge.



Bernie Kelly, Galway City and County Library Cathaoirleach of County Galway Cllr. Peter Keaveney

How to get a JAM Card

JAM Card is now available for free as a plastic card from any of the twenty-nine Galway Public Libraries, the Mobile Library and Library Headquarters in Island House, or if you would prefer not to use the physical card, there is a JAM Card app available for Android and iOS. The app allows you to choose your message option, leave reviews and find other JAM friendly businesses.

Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at rleavy@meathcoco.ie Information is one thing we can share right now!

International Updates



IFA Global Cafe | In Conversation with Mr Simon Bottery on "Long-term Care in England: Problems, Visions and Reform".



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Mr Simon Bottery on "Long-term Care in England: Problems, Visions and Reform".

A recording of this event will be available on the Federation's website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>

Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

Coronavirus COVID-19

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of official travel advisories.

All people are advised to:

- Reduce social interactions
- Keep a distance of 2m between you and other people
- Do not shake hands or make close contact where possible

If you have symptoms visit [hse.ie](https://www.hse.ie) or phone HSE Live 1850 24 1850

How to Prevent



Symptoms

- Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

www.gov.ie/health/covid-19

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: rleavy@meathcoco.ie

HSE Advice Line: Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday